YOUNG AT HEART
Tips for Seniors
♥ Start your day with breakfast
♥ Select nutrient-dense foods
♥ Get at least 150 mins of aerobic exercise a week
♥ Eat fresh produce
♥ Drink fluid throughout the day
♥ Control entrée portion sizes
♥ Strengthen muscles 2x a week
♥ Check up for any appetite, eating or chewing problems
♥ Avoid sitting for long periods
♥ Do balance & flexibility improvement exercise 3x a week
♥ Limit fats, sugars & salt in foods and drinks
♥ Get enough sleep
♥ Stay connect with friends & family

Source: www.win.niddk.nih.gov

Message from Yuet Mui Kong, Program Coordinator:

Aloha! Feb. 8th is the Lunar New Year. It’s the Year of the Monkey. In the Chinese zodiac, monkey is curious, clever, playful, creative, agile, and sociable. This month is also the American Heart Month. So, join our activities in February to keep ourselves bright, active and young at heart!

Show your moves and steps at the Senior Citizen’s Valentine Dance on Feb. 9th at the Neal Blaisdell Center. Navigate through the Center’s Show & Sell rummage sale on Feb 12th for some good deals on useful or collectable items, and yummy treats. Discover more young-at-heart tips at Strengthening the Heart Seminar by Attention Plus Care on Feb. 16th. Explore the Chaminade University’s School of Nursing Health Fair’s activities: zumba, cooking demo, vision screening, and blood pressure screening at the Center on Feb 17th. We are looking forward to seeing you!

Wish You a Healthy, Happy and Prosperous Year of the Monkey!

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Senior Companion Program (SCP)
SCP is a program of the Corporation for National & Community Service. It is sponsored state-wide by Hawaii Department of Human Services

The Companions are the senior volunteers committed to providing support to seniors to help them remain independent for as long as possible.

The Companions provide support by running errands, assisting with transportation to appointments, and providing simple meal preparation, & even accompanying to the LMPSC, etc.

Who is eligible for services: 55 years of age or older; no income eligibility requirement; & living independently in the community
Cost: $0

Please contact our staff for more information
NEW MEMBERS!

Candance Chun
Kexiang He
Fujiko Iyomasa
Joyce Kim
George Kono
Grace Paik
Eva Ralar
Jennie Rosario
Patricia Takeuchi

In-Kind Donations

Kainuma, Michi
Kawada, Masako
Kimura, Grace
Lee, Ann Chong
Nakata, Sakae
Ogata, James
Ojiri, Donald

Okuma, Stella
Tatsuta, Jane
Tomomitsu, Kay
Tsutsumi, Alice
Wauke, Doris
Wong, Joyce

Donations
Received: November 2015–December 2015

HIBISCUS ($100+)
Mr. and Mrs. Thomas Hamada
Ms. Alice Higa
Mrs. Masako Kawada
Mr. and Mrs. Daly Stevens
Mrs. Edith Shito
Mrs. Jan Tateishi
Mr. and Mrs. Frank Toma
Filipino Cultural Club of Lanakila

BIRD OF PARADISE ($50+)
Mrs. Grace Tsukayama
Ms. Doris Wauke

ANTHURIUM ($49 & UNDER)
Mrs. Dorothy Alvarado
Ms. Candance Chun
Ms. Yong Suk Duggins
Mrs. Margarita Flores
Mrs. Shizuko Fukumitsu
Ms. Marty Kaili
Mrs. Tomie E. Higa
Mrs. Yoneko Nakasone
Mrs. Charlotte Newcomb
Mrs. Jean Nishida
Mrs. Grace Okuma
Mrs. Grace Paik
Mr. Noboru Taketa
Mr. Noboru Tanoue
Mr. Glenn Yamasaki

Thank you for your generosity!

Nursing Health Fair
Presented by Chaminade Nursing Students
February 17th, 9 AM to 11 AM
Free Food, Exercise, and Health Screenings
### Staff Contact Information:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Room</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yuet Mui</td>
<td>Program Coordinator</td>
<td>Room 7</td>
<td>847-1322 Ext. 29</td>
</tr>
<tr>
<td>Kong</td>
<td>Program Coordinator</td>
<td>Room 7</td>
<td>847-1322 Ext. 28</td>
</tr>
<tr>
<td>Cookie</td>
<td>Program Coordinator</td>
<td>Room 7</td>
<td>847-1322 Ext. 28</td>
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<td>Irene</td>
<td>Admin</td>
<td>Room 4</td>
<td>847-1322 Ext. 24</td>
</tr>
<tr>
<td>Iris</td>
<td>Membership Specialist</td>
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<td>847-1322 Ext. 24</td>
</tr>
<tr>
<td>Hiramoto</td>
<td>Specialist</td>
<td>Room 3</td>
<td>847-1322 Ext. 22</td>
</tr>
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### Strengthening the Heart Seminar
Presented By Attention Plus Care
Tuesday, February 16th
9:00AM to 10:30AM

### SHOW N’ SELL
Sponsored by Chinese Cultural Club
Friday, February 12th
8:00AM to 11:00AM

### AARP Tax Preparation
Every Monday
From February 1st to April 11th
(except February 15th)
By appointment only
Bonm Dia… It's Janeiro, 2016, Year of the Monkey. Characteristic traits include being the clever, loving, witty, agreeable, sociable, and fun loving animal in the “Oriental” Zodiac. So look for a forward to having harmonious, joyful, and fun filled 2016. To those who are unable to be with us may you find peace, love, good health, and spiritual happiness.

One very significant and important change deals with CLUB MEETINGS. Beginning February we will be meeting only twice(2) monthly. Reserve the first and the third Wednesday of each month. We will convene at 9:00am to 10:00am in the Activity Room. The first Wednesday of each month will be specifically to discuss business or to host speakers. The third Wednesday of ODD numbered months will be for bingo, mind games and fun stuff. EVEN numbered months will be for birthday celebrations at select buffets.

To join us dues are the same but to utilize the Catholic Charities van every member is required to check with Cookie one to two months in advance to verify registration.

Events: 2/3—Meeting  2/17—Makino Chaya
HAWAIIAN CULTURAL CLUB

Aloha,

We’re glad to be back. We’ve missed Gregory Jeong at our meetings. We’re glad he is on the mend and we hope to see him next month. Betty Parker shared her beautifully woven (Noni Style) papale. Her talented sister weaved the Hawaiian Flag pattern on top of the hat.

Our registrations to the Senior’s Valentine Dance are John Burrows and Frances Dela Cruz. Lunch is at Maple Garden. February is a busy month with Show and Sell and the Valentines Dance. Enjoy, we will offer pickled onions and a Hawaiian plate.

Events: 2/2—Meeting 2/9—Valentines Dance 2/16—Fun & Games 2/2—Bingo

Filipino Cultural Club of Honolulu

by Helen Castillon

Speakers from Mountain Pacific Health, Cathy Nelson, James Trunfon, and interpreter Letty came and spoke on January 16th about Type II diabetes. Members had many questions that were answered. On January 23rd we celebrated birthdays with lots of food, music, and dancing. Sadly some celebrants were no shows due to illness.

Events: 2/6—Meeting 2/20 Birthday Celebration

Okinawan Nenchosha Club

by Diane Kawakami

Seems like 2016 just started but already February (Nigwachi) is upon us. This month we will have speakers of noteworthy interest on the 4th and 18th. Also we will celebrate New Year’s on the 11th and birthday’s on the 25th. Looking back on January (Sogwachi) members returned on the 14th for an enjoyable program featuring our board members. President Jane Higa, Janet Ito, Diane Kawakami, Flora Nakasone and our own enthusiastic (nuri’in) male dancers of Harry Nakasone, Richard Tada, and Frank Toma danced to “Mensore” to welcome back members. A thunderous taiko number by May Asato followed by Toguchi Nakasone Sensei’s “Hatoma Bushi” really put us in party mode. Sensei did another number “Hanagasa” as did May Asato. Ippe Nefe Debiru! Sensei and May. Continuing with our board members Sally Kageyama, Betty Kotani, Sue Shimabukuro, and Elaine Hirashiki danced “Asatoya Yunta”. Well done (dikiton) ladies. “Ashimiji Bushi” was a stomping success with Harry, Richard, Frank and the lone female, Diane stomping all over the stage. It’s a wonder none of us fell down! As usual, we always end with all of us doing kachaasi. Thanks to all who participated including our M.C. Henry Isara.

On January 21st members were treated to Elsie’s Karaoke Group. Then not only sang, they brought birthday gifts to our birthday celebrants. Elsie also gave out prizes to those who answered her questions correctly. Thank you Elsie Kawamoto and your Karaoke singers. We look forward to your entertaining us in the future.

Finally on the 28th HPD gave us an interesting and valuable information on our safety.

Events: 2/4—Harolyn Toma (Regal Travel) 2/11—New Year/Toguchi Nakasone Dancers 2/18—Kaiser Permanente 2/25—Birthday/Variety Show
Lanakila Multi-Purpose Senior Center was lucky enough to have several informational, educational, and interesting events that took place in January. First, the Punahou Class of 1974 and Generations Magazine helped to host and promote a Health Fair at LMPSC. The Health Fair was a big success with many vendors giving out good information and a special guest talk from Dr. Shintani. Also in January all of the officials of the clubs and volunteers went through two days of intensive leadership training. This training had educational talks by several speakers and was to help the volunteers and club officers better serve all the members here at Lanakila Multi-Purpose Senior Center.
<table>
<thead>
<tr>
<th>Time</th>
<th>Class Title</th>
<th>Instructor/Leader</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:30</td>
<td>Mah Jong</td>
<td>Sugihara</td>
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<tr>
<td>8:30</td>
<td>Needle &amp; Thread Workshop</td>
<td>Hata/Usami</td>
<td>Sewing Room</td>
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<td>8:30</td>
<td>Tai Chi</td>
<td>Dela Cruz</td>
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<td>9:00</td>
<td>Hawaiian Quilt, etc.</td>
<td>Kakei/Wong</td>
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<td>10:00</td>
<td>Tai Chi For Health</td>
<td>Ojiri</td>
<td>Library</td>
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<tr>
<td>10:00</td>
<td>Beginner Sashiko</td>
<td>Ojiri/Ko</td>
<td>Lanai</td>
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<tr>
<td>10:00</td>
<td>Intro to Yoga</td>
<td>Nakasone/Ito</td>
<td>Library</td>
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<td>11:00</td>
<td>Stretch and Tone</td>
<td>Nakasone/Inou</td>
<td>Activity Room</td>
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<td>Walking Group</td>
<td>Osato/Takeda</td>
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<td>8:30</td>
<td>Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
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<td>9:00</td>
<td>Sewing by Nakasone</td>
<td>Saito/Takeda</td>
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<td>Portuguese Quilt, etc.</td>
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<td>Adv Beg. Line Dance</td>
<td>Ojiri/Ko</td>
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<td>Happy Seniors Seniors</td>
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<td>Tai Chi for Health</td>
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<td>New Beginner Ukulele</td>
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<td>Exercise with Karate</td>
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<td>12:00</td>
<td>Basic English*</td>
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<td>Folk Sing Along</td>
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<td>9:00</td>
<td>Fusion Exercise</td>
<td>Gitulman</td>
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<td>9:30</td>
<td>Chinese Cultural Club</td>
<td>Koike/Takeda</td>
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*DOE-funded Classes

**Center-funded Classes
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<th>Sun</th>
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<td>AARP Taxes (8:00)</td>
<td>Blood Pressure Screenings</td>
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<td>FCC (8:30)</td>
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<td>AARP Taxes (8:00)</td>
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<td>Blood Pressure Screenings, Program Committee Meeting (8:30)</td>
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<td>Show N Sell: Chinese Cultural Club (8:00)</td>
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<td>President’s Day CENTER CLOSED</td>
<td>Blood Pressure Screenings, Strengthening the Heart (9:00), FumaNet Demo (10:30)</td>
<td>Chaminade University Health Fair (9:00)</td>
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<td>Blood Pressure Screenings</td>
<td>Chaminade TB Awareness Education (10:30)</td>
<td>FCC (8:30)</td>
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<td>Blood Pressure Screenings</td>
<td>Blood Pressure Screenings, New Member Orientation (9:00), PAB (12:00)</td>
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**Center Hours**
Monday - Friday
7:30 am - 3:00 pm
Saturday (2x/month)
8:30 am - 11:30 am

**Center Staff**
Yuet Mui Kong…… Program Coordinator
Justin Trubiani......... Program Specialist
Iris Hiramoto………...Program Specialist
Cookie Irvine……… Program Support Asst.
Lodi Tapawan…………….Custodian

**CATHOLIC CHARITIES HAWAII**
Lanakila Multi-Purpose Senior Center
1640 Lanakila Avenue
Honolulu, Hawaii 96817

**WE PLAY, WE LEARN, WE SERVE**